



Super Stuffed French Bread Pizza Rustica

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



1871 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bread french
- 2 large cloves garlic chopped
- 1 pound sausage sweet italian
- 10 ounces sack mozzarella shredded
- 1 tablespoon olive oil extra-virgin
- 1 small onion chopped
- 1 teaspoon oregano dried
- 0.5 cup parmesan grated

- 1.5 cups part skim ricotta
- 0.5 stick pepperoni chopped
- 10 ounces sack provolone shredded
- 1 small bell pepper red seeded chopped
- 1 teaspoon pepper flakes red crushed
- 4 servings salt and pepper
- 0.5 pound sopressata sweet thick sliced chopped
- 1 package spinach defrosted and squeezed frozen dry chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 425 degrees F.
- Split bread lengthwise and hollow it out.
- Cut in half across, making 4 shells for pizzas.
- Heat a skillet over medium high flame and brown sausage in extra-virgin olive oil. Brown and crumble sausage.
- Add red bell pepper, onion and garlic. Cook 3 to 5 minutes, add spinach.
- Remove mixture from heat and season with a pinch of salt and black pepper, to your taste.
- Transfer to a bowl.
- Combine sausage and veggies with ricotta, Parmesan, sopressata and pepperoni. Fill bread shells and top with mounded mozzarella and provolone cheeses.
- Place in hot oven on cookie sheet and bake until cheese melts and bubbles and bread is super crisp, about 10 to 12 minutes. Top pizzas with oregano and hot pepper flakes.
- Serve immediately, or snack all night!

Nutrition Facts

PROTEIN 21.87% FAT 52.41% CARBS 25.72%

Properties

Glycemic Index:92.88, Glycemic Load:82.48, Inflammation Score:-10, Nutrition Score:68.278260562731%

Flavonoids

Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg, Kaempferol: 4.65mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 1870.53kcal (93.53%), Fat: 108.77g (167.34%), Saturated Fat: 49.24g (307.77%), Carbohydrates: 120.11g (40.04%), Net Carbohydrates: 113.05g (41.11%), Sugar: 12.64g (14.05%), Cholesterol: 273.32mg (91.11%), Sodium: 4852.41mg (210.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 102.12g (204.24%), Vitamin K: 355.14µg (338.22%), Selenium: 141.58µg (202.26%), Vitamin B1: 2.73mg (181.96%), Vitamin A: 8951.69IU (179.03%), Calcium: 1514.6mg (151.46%), Phosphorus: 1409.64mg (140.96%), Vitamin B2: 2.04mg (119.83%), Folate: 432.17µg (108.04%), Manganese: 1.93mg (96.68%), Vitamin B12: 5.69µg (94.86%), Vitamin B3: 17.6mg (88.02%), Zinc: 12.95mg (86.32%), Iron: 13.45mg (74.7%), Vitamin B6: 1.22mg (61.1%), Vitamin C: 47.68mg (57.79%), Magnesium: 208.38mg (52.09%), Potassium: 1497.89mg (42.8%), Copper: 0.66mg (33.12%), Fiber: 7.07g (28.26%), Vitamin B5: 2.71mg (27.12%), Vitamin E: 3.34mg (22.24%), Vitamin D: 0.8µg (5.3%)